

OnTrack to Wellness

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It's Quitting Time for Sitting

The human body is designed to move. Yet, many Americans spend at least half their waking time sitting — in cars, on sofas and in front of phones, TVs and computers. Sitting too much is now a recognized health hazard.

What's too much? Sitting for 6 or more hours a day, your risk of premature death increases 19%, compared with people who sit fewer than 3 hours, according to the American Cancer Society. The Society's 21-year study followed more than 127,000 people who had no major chronic diseases when they joined the group; during the study (1993-2014) nearly 49,000 died.

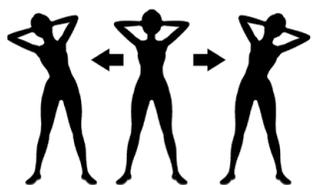
Those reporting the most leisure time sitting had higher risks of death from numerous medical conditions including: cancer, heart disease, stroke, diabetes, Alzheimer's disease and musculoskeletal disorders.

Sitting hunched over a desk or driving for long periods constricts the muscles, causing tension, fatigue and pain. To ease discomfort and reduce long-term health risks of inactivity, loosen up: Take frequent, short movement breaks throughout your day.

Stand up as often as possible — as you read, watch TV or talk or text on your phone, or to walk around. Learn to fit in simple core stretches at your desk.

Here's an example from ACE Fitness:

1. Stand upright, fingers clasped behind your head; relax your neck.
2. Turn your head toward your left elbow.
3. Lean your upper body to the right; no bending forward or backward.
4. Hold for 30 seconds. Repeat on the opposite side.



Growing Teens into Healthy Adults

By Cara Rosenbloom, RD

Convincing teens to eat well, exercise and get enough sleep

is not always easy, especially when parents are competing with junk food advertising and binge-worthy shows that keep kids on the sofa for hours. And there's still peer pressure to deal with.

Here are 5 tips to help you positively influence your teen's lifestyle choices as they navigate puberty and growth spurts:

1. **Trust them to know their appetite.** They should eat when they are hungry and stop when full. Don't berate them for wanting seconds, or for eating more 1 day than the next — that's normal as they grow.
 2. **Teach by example.** Teens will mirror your food choices and your view of your own body. Eat well and be positive about what you love about yourself — and them.
 3. **Teach moderation.** Teens are independent and make many of their own food choices. That often means fast food, sugary beverages, salty snacks and candy. That's okay sometimes. Explain it in terms they can understand, such as the 80/20 idea: Eat well 80% of the time, and enjoy treats 20% of the time.
 4. **Sleep matters.** How tall your child will be is mostly determined by genetics, but factors such as eating well, getting enough sleep and being active also matter. Human growth hormone is mostly released while a child is asleep, so encourage a normal bedtime.
 5. **Make healthy choices easy.** Keep nutritious grab-and-go snacks on hand for busy teens. Include nuts, fruit, hummus, yogurt, whole-grain crackers, cheese and ready-to-eat vegetables.
- >> **Remember:** If teens learn healthy habits at home, they will know how to care for themselves as they become young adults.



Take care of yourself, be healthy, and always believe you can be successful in anything you truly want. — *Alessandra Ambrosio*

Vaccinations at Every Age

You never outgrow your need for protection against disease. Routine immunizations are essential for everyone. And vaccines aren't just for kids. Adults also need them to prevent some illnesses, such as the flu.

Vaccination's immediate benefit is individual immunity — it provides long-term protection against serious, often life-threatening diseases.

Because of vaccination, smallpox no longer exists in the U.S., and polio may soon be gone worldwide. But beyond our borders some diseases are still common, and travelers can be exposed to or bring these diseases into the U.S.



For normal-risk adults, the CDC recommends the following immunizations. People at increased risk may need earlier or more frequent screenings based on your health care provider's advice.

Hepatitis A	2 or 3 doses if at risk
Hepatitis B	2 or 3 doses if at risk
Human papilloma virus (HPV)	2 or 3 doses (depending on age at first vaccination)
Influenza	1 dose every year
Measles/mumps/rubella	1 or 2 doses if at risk
Meningococcal meningitis	1 or more doses if at risk, as advised
Pneumococcal PCV13	1 dose
Pneumococcal PPSV23	1 or 2 doses as advised
Tetanus/diphtheria/pertussis	Tdap 1 dose; Td booster every 10 years
Varicella (chickenpox)	2 doses if at risk
Zoster (shingles)	2 doses at 50 or older

Don't Shrug Off **Shoulder Pain**

Your shoulder joint is the most mobile joint in your body. It's composed of several bones: clavicle (collarbone), scapula (shoulder blade) and humerus (upper arm bone) — all anchored by muscles, ligaments and tendons forming the rotator cuff, and moving it up and down and side to side. No wonder it's subject to injuries and ailments.

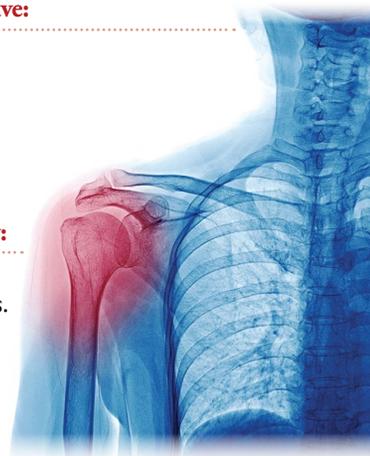
Common causes of shoulder pain: rotator cuff tendinitis, arthritis, torn cartilage, torn rotator cuff, a pinched nerve in the neck or shoulder, dislocation of the shoulder out of its socket and frozen shoulder (a common cause of pain and stiffness).

See your health care provider promptly if you have:

- Shoulder pain due to injury.
- Intense or ongoing shoulder pain.
- Inability to use your shoulder or raise your arm.
- Sudden swelling or stiffness.
- The arm or hand is weak or numb.

Practical tips to reduce shoulder pain and injury:

- Stay fit and use good posture.
- Warm up before exercise, sports or other activities.
- Lift weights the right way; don't lift too much.
- Follow the rules for safe lifting.
- Don't **strain** to reach overhead or behind you.
- Avoid stressful upper body activity if you have shoulder weakness.



If your health care provider prescribes it, physical therapy is effective for recovering shoulder strength and health.

Indulge in Time for You

If life-work balance seems elusive, maybe you're trying too hard. A tight schedule can produce stress, but making room for unplanned leisure helps relieve stress.

Give yourself time to recharge and even improve mental health. **Here are 5 me-time tips:**

- 1 Indulge in what rejuvenates.** Whether it's a hot bath, meditation or riding a bike, don't feel guilty when you aren't busy.
- 2 Go for a walk.** Walking is great exercise, but even a leisurely stroll can boost your mood, according to research.
- 3 Relax about family time.** Stay in the moment instead of always formally planning family activities. Cook a meal, visit a local park or play a game together.
- 4 Connect with nature.** Take time to watch clouds, stars and birds in flight. Connecting with nature increases the sense of well-being, according to University of California research.
- 5 Spend time with your pet.** Relax with your pet can lower stress hormone levels. Pennsylvania State psychologists found simply being around a dog dampens stress responses.



The **Smart Moves Toolkit**, including this issue's printable download, **Exercise Help Online**, is at personalbest.com/extras/19V8tools.

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